

## Company E tackles final test of endurance

BY CPL. CARRIE BOOZE  
Chevron staff

As the recruits of Company E scaled the mountainous terrain of Edson Range, Marine Corps Base Camp Pendleton, Calif., they anxiously anticipated one hill that would grant them the title Marine, the Reaper.

On the final day of the Crucible, a 54-hour field event in which recruits apply all they have learned during boot camp, Co. E stepped off at 2:30 a.m. to tackle a 9.7-mile hike that includes a 700 foot-tall mountain dubbed the Reaper.

"Recruit training is full of stresses and physical challenges that all lead up to the Crucible," said Gunnery Sgt. Wilbert Hill, chief drill instructor, Company E. "The Reaper is the final test in the Crucible, and finishing the Reaper hike is a major accomplishment."

The Reaper is a legend at Marine Corps Recruit Depot San Diego's boot camp because of how steep it is, said Hill. He said the recruits know about it before they arrive at the depot.

"Before I came to the depot I heard that even though the hike is only 10 miles, the Reaper was very challenging and the entire platoon would be hurting after it," said Pvt. Travis Duncan, Platoon 2102, Company E.

In preparation for the Reaper hike, the recruits tackle 3-mile, 5-mile, 5.7-mile and 8-mile hikes, carrying full combat loads throughout training.

The amount of gear the re-

cruits carry depends on the season, said Hill. During the winter, the recruits' packs weigh between 65 to 75 lbs each because they must carry heavier cold-weather clothing.

"Most of the recruits are intimidated by each of the hikes, but as they complete each of the conditioning hikes, they build their confidence to tackle a longer one," said Hill. "By the time they reach the Reaper hike, they are eager and ready to get through it."

During the Crucible, the recruits are tested on their teamwork and leadership skills, said Hill. They read award citations at each obstacle to learn from other Marines' heroic actions.

At the peak of the Reaper is Col. Merrit A. Edson's Medal of Honor citation. Edson Range was named after this heroic Marine.

After the recruits storm the final hill of the Reaper, they read his citation

During the battle of Guadalcanal, Edson's Raider Battalion, consisting of two companies from the 1st Parachute Battalion, was guarding an airfield when they were attacked by Japanese forces. Under Edson's leadership where he was encouraging, cajoling, and correcting as he continually exposed himself to enemy fire, his 800 Marines withstood the repeated assaults of more than 2,500 Japanese soldiers. Edson was later awarded the Medal of Honor for his honor, courage and commitment.

"When I finally made it to the



Recruit Anthony Juedes, Platoon 2106, stands with his platoon at the top of the 700-foot tall mountain, the Reaper, at Marine Corps Base Camp Pendleton, Calif., April 10. Company E recruits stormed the 9.7-mile hike on the final day of the Crucible, and received their eagle, globe and anchors upon completion. Pfc. Jose Nava/Chevron

top of the Reaper, I was so proud of myself," said

Duncan. "It was a great to finally accomplish something I never thought I could do."

Although all recruits strive to make it to the peak, due to the physical rigors, some may not.

Dehydration is one of the major safety concerns during the hike. The recruits must fill two canteens before beginning the hike. The company stops four times throughout the hike to allow the recruits to adjust their

gear and drink water.

During the hike, there is a lead safety vehicle that carries extra water and sets the recruits' hiking path. A rear safety vehicle follows the platoons in case a recruit gets injured and cannot complete the hike.

"If a recruit does not complete the final hike, his reason for not finishing and past performance in recruit training will be reviewed. The series commander will determine whether they graduate or not," said Hill.

Upon completion of their final hike, the recruits are awarded their Eagle, Globe and Anchor emblem and are officially declared United States Marines.

"When I received my eagle globe and anchor, I had tears in my eyes," said Duncan. "It was strange to hear our drill instructors praise us on our performance during the hike. That moment made all of the hardships, stress and physical pain worth while."

**More photos on Page 4**



Brig. Gen. Angie Salinas, commanding general of Marine Corps Recruit Depot San Diego and the Western Recruiting Region, center, and depot Sgt. Maj. Brian K. Jackson, far right, stand with the winners of the depot's Professional Military Education Program, at the Museum Historical Society quarterly breakfast at Duncan Hall Tuesday. From left to right, Gunnery Sgt. Jacob R. Merrill, Military Entrance Processing Station liaison, Recruiting Station Milwaukee, received honorable mention for the Lt. Gen. Victor Krulak Tactical Excellence Award; Sgt. Khanh H. Nguyen, logistics clerk, Headquarters and Service Battalion, for the Gen. Alfred M. Gray Warrior Book Review Award; Staff Sgt. Marcus E. Janssen, staff non commissioned officer-in-charge, Recruiting Substation Fayetteville, Ark., Recruiting Station Kansas City. Maj. Bethany D. Jenkins, assistant for Officer Procurement office, WRR, not pictured, won the Lt. Gen. Victor Krulak Tactical Excellence Award. The awards are given annually to supplement the depot's Professional Military Education Program. The society holds a quarterly breakfast to discuss current happenings at the museum, the historical society and the depot.

Lance Cpl. Robert W. Beaver/Chevron



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# Captain shares his Marine Corps pride

BY FRED W. BAKER III  
*American Forces Press Service*

Capt. John Sand knows what it takes to be a good college student: go to class, read the book, and take good notes. And, for him, first spend four years in the Marine Corps.

This realization came after Sand spent a few years as a not-so-good college student after high school, he said.

“I had a 0.8 grade point average for the semester when I left school. That’s very hard to do. I pretty much flunked everything and didn’t really care much about school,” Sand said.

Sand, as part of the Defense Department’s “Why We Serve” public-outreach program, is traveling the country telling his story to community, business and veterans group audiences and at other gatherings.

Sand grew up in the small Illinois town of Ottawa. Both of his parents were career educators; his father was a counselor and his mother a grade-school teacher. After high school graduation in 1988, Sand accepted an Army ROTC scholarship to attend college. But after a few years, both Sand and his parents accepted that he needed to do something different.

“I flushed a scholarship away, basically. I wasn’t paying for school. I was having a little too much fun. I needed to get some discipline and more control over where I wanted to go,” Sand said.

His father, once in the Navy, suggested the Marines, and Sand agreed.

In 1991, Sand enlisted as a Morse code interceptor. He said he did indeed learn self-discipline, and that he enjoyed his tour which took him twice to Somalia on deployments. But Sand had promised his parents that at the end of his enlistment he would return to college.

He made good on that promise and returned to study criminal justice.

“It was a complete 180 from my experience the first time at college. Four years in the Marine Corps made coming back to college kind of...simple,” Sand said.

The former dropout then made the dean’s list and played tennis competitively. In the 60 credit hours he amassed to finish his degree, Sand received nearly perfect grades.

Still, he missed the Corps, Sand said. After graduation, he returned to the Marines as an officer.

“When I enlisted in 1991, did I think I’d

be doing this in 2008? No, I didn’t. But it led me down that road, and I really enjoy it,” Sand said.

Fresh from a deployment to Iraq, Sand said he hopes to convey the efforts of service members there.

“It’s important what we’re doing in the global war on terrorism. I think it’s important that they hear it from the service member’s perspective,” Sand said. “In Iraq, there’s a lot more to it than guns and tanks. There’s a lot of humanitarian assistance. There’s a lot of nation building. We definitely do a lot of work for the Iraqi people, alongside the Iraqi people, to better their lives.”

Sand served as an artillery battery commander in Iraq, returning in October. His battery provided a regimental combat team with artillery fire in support of operations in and around Fallujah. They also performed nonstandard missions such as providing security for explosives technicians who cleared the roads of bombs. His battery went on more than 500 combat patrols.

“I like to talk about my Marines a lot. I’m very proud of what my Marines did in Iraq, and I think that there’s a really good story there,” Sand said. “It’s hard work over there. A lot of times they are out for long patrols. They don’t get a lot of sleep. They don’t get a lot of time off. But they do their job, and they’re proud of what they do.”

During his tour, Sand said he saw the tangible signs of progress.

“Things got better while we were there. When we initially showed up, we were shooting quite a bit. By the time we were leaving... we might go a week or more without ever pulling the lanyard on a howitzer,” Sand said. “If we’re not shooting as much, to me that’s a sign that things are better there.”

As a father of three children, being around the Iraqi children sometimes made him homesick, but also served as a reminder for why he was there, Sand said. “Seeing the little kids playing soccer, it’s like ‘Wow, I miss spending the time with my kids,’” Sand said. “On the other hand, it makes you feel like we’re doing something good over there. The smiles, the little conversations – sometimes just with hand gestures – or kicking a ball around, that makes you feel good that day.”

Sand said he also hopes to convey that service members are typical people, Sand said.

“Military people are your average Joes,”



Capt. John Sand tells his story to audiences around the country as part of the Defense Department’s “Why We Serve” public-outreach program. *Defense Department photo*

he said. We do a lot of the same things. I’m a husband. I’m a father. I’m also a Marine.”

In fact, his family is a big part of why he continues to serve in the Marine Corps, Sand said.

“That’s very important to me. I want them to grow up in a country where they (continue to) have the freedoms that we enjoy,” Sand said. “And so I’m willing to serve to ensure that they grow up in a place where they don’t have to worry. I want to ensure that they have a good childhood experience and continue to reap the benefits of the country that we live in.”

Sand continues his service also because of the sense of camaraderie he feels for his fellow service members and the sacrifices of those who have fought before him.

“I think that’s a big deal. You keep doing it because the guy next to you is counting on you,” he said.

He is in awe for those who have given the ultimate sacrifice for their country, Sand said.

“It’s just amazing to think that I’m part of that organization that would have somebody of that character. That makes you want to stay,” he said.

“I serve because I’m proud to wear the uniform. I’m proud to be a Marine, and I want to get that message out there -- that it’s a very honorable service and that we’re proud to serve the American people,” Sand said. “That’s why I do what I do.”

## BRIEFS

### Family Day on the Bay

In celebration of the Month of the Military Child, military families and the families of retirees and civilian employees are invited to Family Day on the Bay at the depot Boathouse tomorrow from 10 a.m. to 3 p.m. There will be a variety of events, such as face painting, the Semper Kid Run and a pet contest. For information call (619) 524-0916.

### Boot Camp Extreme

On April 22 from 5 p.m. to 7, Todd Durkin, two-time Personal Trainer of the Year and trainer for more than 25 NFL players, will conduct a motivational exercise class with a combination of resistance training, aerobic and body weight exercises outside of the depot Fitness Center. For information call (619) 524-4427.

### Self-defense class for women

A self-defense class for women is scheduled for April 29 from 5 to 8 p.m. in Bldg. 6E. Subjects covered are sexual assault myths and facts, personal safety, assertive techniques and personal defense. To sign up call (619) 524-1200.

### Car care class for military spouses

A car care class for military spouses is scheduled for May 10 from 10 a.m. to 1 p.m. at the depot Auto Hobby Shop. Topics include battery care, tire care and more. A free lunch and prizes will be provided. For information call (619) 524-5240.

### 3-on-3 Basketball Tournament

Active duty military are invited to compete in two days of basketball competition for a 3-on-3 tournament, 3-point shootout, slam dunk contest and free throw challenge at Crown Point Shores, Mission Bay, from 8 a.m. to 4 p.m. May 17, and 8 a.m. to 3 p.m. May 18. The first 32 teams who sign up are free. The cost for adult team of four players is \$100. Register at [www.pacificlifeholidaybowl.com](http://www.pacificlifeholidaybowl.com). Registration deadline is May 9. For information, call Pacific Life Holiday Bowl at (619) 283-5808.

### MCCS Golf Tournament

Marine Corps Community Services, MCRD San Diego will host the MCCS Golf Tournament at the Riverwalk Golf Course, Fashion Valley on May 20 at 7:30 a.m., to benefit the Marine Corps Birthday Ball. Check-in is at 6:30 a.m. The format is scramble. The event is open to the public. Registration takes place May 28 at the MCCS Marketing Office, Bldg. 5W from 8 a.m. to 4 p.m. The cost per four-person team is \$300 which includes the green fee, cart, shirt, goodie bag, and lunch. For information call Tim Cleator at (619) 725-6420 or at [cleatortr@usmc-mccs.org](mailto:cleatortr@usmc-mccs.org).

SEND BRIEFS TO:  
[roger.edwards@usmc.mil](mailto:roger.edwards@usmc.mil). The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

# Identifying indicators of alcohol abuse

BY TRIWEST HEALTHCARE ALLIANCE

“One more won’t hurt me.”  
“I only drink on the weekends.”

“I don’t drink as much as everyone else.”

People sometimes use statements like these to justify their excessive drinking.

According to the National Institute on Alcohol Abuse and Alcoholism roughly 14 million American adults abuse alcohol, whether as habitual drinkers or less-frequent binge drinkers.

Excessive alcohol consumption, whether over short or long periods of time, increases the risk of accidental injury and death, and health problems such as heart and liver disease or stroke.

For most adults, moderate

drinking (up to two drinks per day for men and one drink per day for women) causes few, if any, problems. In some situations, however, there is no safe amount of alcohol: while pregnant, when driving, or when taking certain medications.

Many people turn to excessive drinking to help relieve anxiety or stress. A report from the NIAAA indicates that often after a traumatic event, people report using alcohol to relieve their symptoms of anxiety, irritability, and depression.

People may give many excuses for drinking excessively, such as job stress, relationship problems or the death of a friend or family member. Sometimes they blame social factors, such as peer pressure. Some people are more

prone than others to drinking because they had a parent or grandparent who was an alcoholic.

Regardless of the reason, admitting to a drinking problem should not cause anyone to feel ashamed. In fact, facing the truth may help those who are either addicted to or dependent on alcohol begin their path to recovery. Often people are reluctant to seek treatment for their drinking problems, thinking they can handle it on their own. Unfortunately, without treatment the problem can escalate quickly, resulting in severe legal, social or physical consequences. The sooner treatment is sought, the better the chances are of limiting long-term effects.

According to the NIAAA, answering the following four

questions can help you identify a drinking problem in yourself or a loved one:

- 1) Have you ever felt you should cut down on your drinking?
- 2) Have people annoyed you by criticizing your drinking?
- 3) Have you ever felt bad or guilty about your drinking?
- 4) Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

If the answer to any of these questions is yes, you should discuss your concerns with a health care provider right away.

There are several options for treatment, so you should discuss them all with your primary care manager or another trusted physician.



# 9th District educators learn about Corps training



Educators from Recruiting Stations Twin Cities, Minn., and Chicago practice punching techniques during a Marine Corps Martial Arts program demonstration. The educators were exposed to various aspects of recruit training while visiting Marine Recruit Training Depot San Diego from Monday to today. *Lance Cpl. Charlie Chavez/Chevron*

BY MCRD SAN DIEGO PUBLIC AFFAIRS  
*Chevron staff*

**H**igh school administrators, teachers, counselors and reporters from Recruiting Stations Twin Cities, Minn., and Chicago experienced a week-long synopsis of Marine Corps recruit training during the Educators Workshop Monday through today.

Drill instructors greeted the bus load of educators the same way they greet new recruits on the well-known yellow footprints.

The yellow footprints are used by drill instructors to make their immediate and intimidating presence known by running and yelling at new recruits.

“The (drill instructors) are very dedicated to making

our young men better, which is very important,” said Gordon Lucht, an art instructor and wrestling coach from Jamestown High School in Jamestown, N.D.

Classroom briefs described the entire enlistment process, including recruiting, joining the Marine Corps, boot camp graduation, the Fleet Marine Force, and Marines’ lifestyles.

“I always wondered what was offered to (Marines),” said Sharon Gunder, band director for Woodbury High School in St. Paul, Minn. “This was a great opportunity to find out.”

Educators were invited at the end of the first day to take part in the Bayonet Assault Course on the depot. They maneuvered through obstacles, crawled through tunnels and carried rubber M-16A2 service rifles while

wearing Kevlar helmets.

“The course was the most fun I had all day,” said Lucht. “It was tough for an old man like me, but as a wrestling coach, I’m always looking for a physical challenge.”

The educators also visited Weapons Field Training Battalion, Edson Range, Marine Corps Base Camp Pendleton, Calif., to see weapons firing and field training.

Educators leaving the depot today said that they have a better understanding of the Marine Corps and the young men and women who embody it.



Educators from Recruiting Stations Twin Cities, Minn., and Chicago engage in warm-up exercise before participating in a martial arts class. *Lance Cpl. Charlie Chavez/Chevron*



Gordon Lucht, an art instructor and wrestling coach at Jamestown High School in Jamestown, N.D., provides simulated cover fire for his fire team as they advance to the next obstacle during the Bayonet Assault Course Tuesday. *Lance Cpl. Robert W. Beaver*

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# Company E conquers the R



Platoon 2106, Company E, storm their final hill of the 9.6-mile Reaper hike at Edson Range, Marine Corps Base Camp Pendleton, Calif., April 10. To prepare the recruits for the final hike, they complete a 3-mile, 5-mile, 5.7-mile and 8-mile hike, while carrying full combat-loads. During the hikes, drill instructors are closely watching their platoons for accountability, injuries and to make sure they are hydrating regularly to prevent heat casualties. *Pfc. Jose Nava/Chevron*



Recruit Ronald Perkins, Platoon 2105, hikes to the peak of the Reaper while holding the guidon for his platoon. Recruits approach the Reaper, a 700-foot mountain at the end of a 9.7-mile hike during the final phase of the 54-hour Crucible. The recruits received two hours of sleep before waking up to break down their tents and prepare their packs in order to begin their hike at 2:30 a.m. Because the packs are made for weight distribution, it is important for them to be packed tight and secured properly to prevent injuries. Recruits spend a majority of their hike in the darkness with only low-range flashlights to see only a few feet in front of them. Because they are so close to the ocean, the recruit's visibility is also limited by the fog.

*Pfc. Jose Nava/Chevron*



Company E recruits head down the 700 foot "Reaper" in the early morning hours of their training exercise before becoming Marines at a ceremony on the parade deck at the end of the 54-hour Crucible. *Pfc. Jose Nava/Chevron*



# Reaper to become Marines



Recruit Erick Delacruz, Platoon 2102, struggles as he hikes up the steep 700-foot tall mountain dubbed the Reaper. *Pfc. Jose Nava/Chevron*



Recruit Eric Pasillas, Platoon 2105, takes a break to drink water from his canteen before finishing the final stretch of the last hike he will do in recruit training. The recruits are encouraged to drink at least 12 canteens of water during the hike. They are given three 10-minute breaks to fill their canteens, adjust their gear and change their socks.

*Pfc. Jose Nava/Chevron*



Company E recruits hold their rifles in the sky for a weapons count on top of the Reaper during the end of the Crucible. Because weapon accountability is paramount for recruits going through training, each is required to memorize the serial number of his assigned rifle. *Pfc. Jose Nava/Chevron*



Recruits hike up the steep 700-foot tall mountain dubbed the Reaper on April 10, after having completed the 54-hour long "Crucible," their final training exercise. *Pfc. Jose Nava/Chevron*





Recruit Jarrod R. Rayner, Platoon 2106, Company E, waits to begin the Eagle, Globe and Anchor ceremony, after completing the Crucible hike, April 10. Rayner joined the Marine Corps after serving five deployments to Iraq as a Navy Seabee, a member of the Navy’s construction battalion. *Pfc. Jose Nava/Chevron*



Recruit Jarrod R. Rayner is awarded the eagle, globe and anchor after completing the 54-hour field event known as the Crucible. *Pfc. Jose Nava/Chevron*

# Former Seabee joins Marine Corps team

BY PFC. JOSE NAVA  
*Chevron Staff*

In 2000, Pfc. Jarrod R. Rayner, Platoon 2106, Company E, initially wanted to join the Marine Corps but instead joined the Navy because that was what his family wanted.

At age 19, Rayner became a Seabee – a construction electrician with the Navy Mobile construction battalion. The Seabees are the Construction Battalions of the Navy with a history of building bases, paving thousands of miles of roadway and airstrips, and accomplishing other construction projects dating back to World War II. Their name derives from the sound of the acronym for “Construction Battalion” (CB).

With the NMCB 40, Rayner deployed four times, building structures and working closely with Marines.

This exposure to Marine Corps camaraderie awakened Rayner’s prior unattained goal of becoming a Marine.

After completing his enlistment, Rayner spent almost three years in the Navy reserves. During that time he was called back to active duty for a fifth deployment to Iraq where he helped build with Marines. As a Seabee, Rayner provided critical construction skills in connection with the effort to rebuild the infrastructure of Iraq. Here, Rayner developed a better understanding of the camaraderie between Marines, he said.

“I joined because I liked that way that the Marine Corps operated,” said Rayner.

In January 2008, armed with experience and maturity, Rayner set out on a new journey into the Marine Corps with the tentative support of his family.

Although Marine Corps recruit training is similar in many ways to the Navy’s boot camp – in physical fitness, firearms, and lessons in its heritage and core values, teamwork and discipline, Rayner found it to be tougher.

He said Marine recruit training was more difficult for him because it was longer than the 8-week Navy boot camp and physically more demanding. That was what he considered the hardest part of training.

Overcoming hardships in boot camp can be challenging, but Rayner, 27, was able to help his fellow recruits with his military experience and the wisdom of age. Having prior military experience prepared him for what to expect from the Marine Corps, said Rayner.

Pvt. Jared L. Savoie, Rayners bunk-mate, said that whenever he was frustrated or angry during training, Rayner would talk him through it and give him advice on how to handle the situation. He said that Rayner was always willing to offer his guidance and helped him become successful his training.

Rayner said that what kept him motivated during training were the other recruits in the platoon because they would have millions of questions about the military and different duty stations and he enjoyed telling his stories.

“His confidence level went up, being a former petty officer Second class in the Navy,” said Staff Sgt. Peter S. McCollough, drill instructor, Platoon 2106, Co. E. “He had leadership ability, but the Marine Corps taught him how to lead for us.”

After receiving his eagle, globe, and anchor at the end of the Crucible, Rayner reflected on the fact that eight years ago he was just leaving for Navy boot camp in Great Lakes, Ill., ready to launch a new phase of his life.

Rayner was given the military occupational specialty of aircrew. When he flew in helicopters around Iraq with Marines, he knew that he wanted to work in the aviation field.

Looking to his future in the Corps, Rayner said he wants to earn a college degree and retire from the Marine Corps.

“I’m already going to have 12 years under my belt and I want to finish with 20,” said Kayner

Rayner’s mother has a new insight on her son being a Marine.

“I’m very proud,” said Catherine A. West, Rayner. “It’s kind of a family tradition because my father and brother were Marines. It is where he belongs because of his outgoing personality.”

After graduation, Rayner will have 10 days leave and then attend the School of Infantry in Marine Corps Base Camp Pendleton, Calif., for Marine Combat Training.

## Col. Bruce A. White

PARADE REVIEWING OFFICER

Col. Bruce A. White was born in St Paul, Minn., in 1961. He received his Bachelor of Science degree in engineering from the University of Michigan in 1983, via the NROTC Scholarship Program, and was commissioned a second lieutenant. Upon completing The Basic School, he became an aircraft maintenance officer.

From 1983 through 1987, White served at Marine Corps Air Station El Toro, Calif., at both Headquarters and Maintenance Squadron 11, as the support equipment officer, and power plants and airframes officer, and at Marine Fighter Attack Squadron 531, as the maintenance ma-

terial control officer and assistant aircraft maintenance officer.

White attended the University of Oregon Law School from 1987 through 1990, through the Funded Law Education Program, and received his Juris Doctorate degree. Upon completing law school, he attended the Naval Justice School in Newport, R.I., and was designated a judge advocate.

From 1990 through 1993, White served his first tour as a judge advocate at Marine Corps Recruit Depot San Diego, Calif. He was a series officer and company executive officer in the Recruit Training Regiment, and a trial counsel and the military justice officer at the Law Center.

In 1993, White transferred to Headquarters Marine Corps, Washington, D.C., where he

served under the Staff Judge Advocate to the commandant as the company grade occupational field sponsor. In 1994, he moved to become a military affairs attorney for the Judge Advocate General of the Navy. While in Washington, White also attended the Georgetown Law Center. In 1996, he received a Masters of International and Comparative Law degree.

White moved to Seoul, South Korea, in 1996 to become an international and operational law attorney for the commander, United Nations Command, Combined Forces Command, and U.S. Forces Korea. He also served as the legal advisor to the commander, Marine Forces Korea during this tour.

In 1998, White reported to the 1st Force Service Support

Group, Marine Corps Base Camp Pendleton, Calif. As the senior defense counsel of the legal services support section, he supervised all defense attorneys aboard Camp Pendleton.

In June 2000, White assumed command of Headquarters Battalion, Marine Corps Base Hawaii. After a successful command tour, in August 2002, he reported back to the 1st FSSG at MCB Camp Pendleton for posting as the officer-in-charge of the legal services support section. From February through June 2003, White deployed with the LSSS to participate in Operation Iraqi Freedom. Operating from Kuwait and Iraq, his team provided military justice and operational law support to the I Marine Expeditionary Force.

In April 2004, White assumed

his current billet as the staff judge advocate of MCRD San Diego and the Western Recruiting Region. He will retire on May 9 2008 after 25 years of continuous service. Seven years of his service have been aboard MCRD.





							
<i>Platoon 2108</i>	<i>Platoon 2102</i>	<i>Platoon 2101</i>	<i>Platoon 2103</i>	<i>Platoon 2105</i>	<i>Platoon 2106</i>	<i>Platoon 2105</i>	<i>Platoon 2107</i>
<b>COMPANY HONOR MAN</b>	<b>SERIES HONOR MAN</b>	<b>PLATOON HONOR MAN</b>	<b>PLATOON HONOR MAN</b>	<b>PLATOON HONOR MAN</b>	<b>PLATOON HONOR MAN</b>	<b>HIGH SHOOTER (238)</b>	<b>HIGH PFT (295)</b>
Pfc. D. J. Laviolette Livingston, Tx. Recruited by Sgt. R. W. Johns	Pfc. G. B. Campbell Irvine, Calif. Recruited by Staff Sgt. M. Teson	Pfc. E. Gonzales Dallas Recruited by Staff Sgt. T. E. Dillon	Pfc. W. C. Henson Okemah, Okla. Recruited by Staff Sgt. A. Howard	Pfc. S. A. Luster Hesperia, Calif. Recruited by Gunnery Sgt. C. Steele	Pfc. T. J. Raymond Hayward, Wis. Recruited by Staff Sgt. J. J. Tresly	Pvt. D. M. Hayes Lubbock, Texas Recruited by Sgt. C. Rodriguez	Pfc. E. T. Richter Laramie, Wyo. Recruited by Gunnery Sgt. S. F. Lamey

ECHO COMPANY

2ND RECRUIT TRAINING BATTALION

Commanding Officer  
Lt. Col. R. R. Scott  
Sergeant Major  
Sgt. Maj. T. L. Shatto  
Chaplain  
Lt. W. N. Tomasek  
Battalion Drill Master  
Staff Sgt. R. A. Aguirre

COMPANY E

Commanding Officer  
Capt. T. Trung  
Company First Sergeant  
1st Sgt. L. Watson

SERIES 2101

Series Commander  
1st Lt. C. A. Thacker  
Chief Drill Instructor  
Staff Sgt. G. R. Pond

PLATOON 2101

Senior Drill Instructor  
Staff Sgt. K. D. Hall  
Drill Instructors  
Sgt. A. D. Carlton  
Sgt. D. S. Garza

\*Pfc. L. S. Allen  
\*Pfc. P. R. Allen  
Pvt. D. A. Antunez  
Pvt. A. Baer  
Pvt. R. D. Baldwin  
Pvt. P. A. Bassett  
\*Pfc. A. L. Bean  
Pvt. A. Bejarano III  
Pvt. M. Benedict  
\*Pfc. S. T. Best  
Pvt. J. C. Blattner  
\*Pfc. C. M. Brearley  
Pvt. R. J. Budweg  
Pvt. J. Carachure  
Pvt. M. Chour  
\*Pfc. S. H. Christiansen  
\*Pfc. C. A. Comer  
Pvt. N. W. Croasdell  
Pvt. S. L. Croft Jr.  
Pvt. E. W. Culver  
Pvt. C. D. Cunningham  
Pvt. B. J. Dangler  
Pvt. J. D. Danzeisen  
Pvt. R. M. Deerwester  
\*Pfc. J. J. Dena  
Pvt. D. W. Dobbins  
Pvt. S. A. Dunkerson  
\*Pfc. P. A. Elgie  
Pvt. P. L. Farber  
Pvt. M. R. Ford  
Pvt. J. K. Gage  
Pvt. M. O. Gallagher  
\*Pfc. M. G. Gantt  
\*Pfc. E. Gonzales  
Pvt. B. W. Gower  
Pvt. J. B. Gray Jr.

Pvt. J. R. Greyerbiehl  
Pvt. D. A. Haas  
\*Pfc. R. W. Hall  
Pvt. C. E. Haller  
Pvt. J. W. Hearne  
\*Pfc. E. J. Hecht  
\*Pfc. S. O. Hettervig  
\*Pfc. B. Hjar Jr.  
Pvt. M. C. Hiscock  
\*Pfc. B. A. Hisel II  
Pvt. P. N. Holley  
\*Pfc. S. B. Hopkins  
Pvt. J. G. Horton  
Pvt. C. Hudson  
Pvt. J. C. Jackson  
\*Pfc. M. G. Jimenez  
Pvt. A. C. Johnson III  
Pvt. B. G. Juneman  
\*Pfc. E. R. Kennedy  
\*Pfc. N. Litty  
Pvt. A. L. Mahon Jr.  
Pvt. T. W. McCabe  
Pvt. W. P. Moore  
Pvt. B. R. Partridge  
Pvt. M. G. Pastor Jr.  
Pvt. B. M. Petetit  
Pvt. D. M. Sellers  
Pvt. R. A. Skates II  
Pvt. B. D. Staples  
\*Pfc. K. J. Turner  
\*Pfc. K. D. White

PLATOON 2102

Senior Drill Instructor  
Staff Sgt. M. A. Houtz  
Drill Instructors  
Staff Sgt. L. A. Tuning  
Sgt. T. L. Horn

Pvt. W. J. Ackerman  
\*Pfc. J. A. Aguirre  
\*Pfc. M. T. Alexander  
\*Pfc. J. D. Alvarez  
\*Pfc. T. S. Avila  
Pvt. W. E. Ballinger  
Pvt. P. J. Basler  
Pvt. X. L. Blackdeer  
Pvt. R. Blot  
Pvt. M. A. Boldini  
\*Pfc. P. J. Braband  
\*Pfc. M. D. Bruce  
Pvt. W. A. Bryant Jr.  
Pvt. D. K. Campbell  
\*Pfc. G. B. Campbell  
Pvt. J. J. Cardinal  
Pvt. T. P. Carr  
Pvt. D. M. Casarez  
Pvt. E. Castaneda  
\*Pfc. L. G. Castillo-Luna  
Pvt. M. Cho  
Pvt. T. L. Christenson  
Pvt. M. H. Chung  
Pvt. C. G. Clark  
Pvt. S. M. Clarke  
\*Pfc. C. M. Clubb  
Pvt. S. N. Coleman

Pvt. J. A. Collia  
Pvt. H. A. Davis Jr.  
Pvt. E. G. Delacruz  
Pvt. D. J. Dittmer  
Pvt. C. J. Downes  
Pvt. T. N. Duncan  
\*Pfc. R. A. Dye  
\*Pfc. C. R. Eaton  
Pvt. R. C. Erisman II  
\*Pfc. C. M. Evers  
Pvt. J. L. Felix  
Pvt. F. J. Fernandez  
Pvt. B. E. Fuston  
\*Pfc. D. Garcia  
Pvt. J. Gaytan  
\*Pfc. A. L. Gee  
Pvt. F. Gonzalez  
Pvt. S. M. Gutierrez Jr.  
Pvt. L. Guzman  
Pvt. N. S. Harris  
Pvt. P. M. Hodges  
Pvt. P. G. Holland  
Pvt. M. R. Holley  
\*Pfc. C. R. Hutton  
Pvt. R. M. Jallie  
Pvt. R. M. Jennings  
Pvt. C. R. A. Hale  
Pvt. R. L. Jolly  
Pvt. A. H. Jones Jr.  
\*Pfc. R. C. Jung  
Pvt. L. M. Karhoff Jr.  
Pvt. M. R. Labrado  
Pvt. D. R. Lefevre  
\*Pfc. M. S. Lewis  
Pvt. B. J. Lile  
Pvt. E. A. Lopez  
\*Pfc. R. J. Maeder  
Pvt. R. A. Manzanares  
Pvt. M. T. Marchitelli  
Pvt. M. J. McGarr  
Pvt. M. Phothisaraj  
Pvt. S. E. Silvius Jr.  
Pvt. H. D. Vo

PLATOON 2103

Senior Drill Instructor  
Staff Sgt. A. Moreno  
Drill Instructors  
Staff Sgt. R.D. Hubert  
Sgt. E.M. Cabrera

\*Pfc. B. A. Adams  
Pvt. J. M. Allison  
\*Pfc. E. A. Anayasilva  
Pvt. K. A. Babudar  
\*Pfc. J. M. Balderas  
Pvt. J. W. Barcroft  
Pvt. W. K. Becker  
Pvt. B. D. Bennett Jr.  
Pvt. C. R. Bradley  
\*Pfc. J. M. Britton  
\*Pfc. R. I. Buot  
Pvt. E. M. Burcaw  
Pvt. B. M. Bush  
Pvt. D. B. Cancilla  
\*Pfc. E. Cano Jr.

Pvt. D. R. Carollo  
Pvt. B. D. Catlett  
\*Pfc. J. J. Cervantes-Gonzalez  
\*Pfc. D. D. Cheatham  
\*Pfc. J. L. Cheek  
\*Pfc. D. A. Coombs  
Pvt. B. R. Copus  
Pvt. D. E. Crone  
Pvt. M. G. Cropper  
Pvt. D. W. Curtis  
\*Pfc. M. E. Daniels  
Pvt. S. L. Davis Jr.  
Pvt. D. W. Davis  
\*Pfc. J. M. Decker  
\*Pfc. O. J. Delagarza  
Pvt. K. M. Denton  
\*Pfc. N. E. Doucette  
Pvt. J. J. Endicot  
Pvt. D. H. Farias Jr.  
Pvt. G. W. Flint  
\*Pfc. D. A. Garcia Jr.  
Pvt. M. J. Garcia  
Pvt. S. J. Garcia  
Pvt. B. M. Glenn  
Pvt. K. A. Graczyk Jr.  
Pvt. J. A. Guerra  
\*Pfc. M. A. Hale  
\*Pfc. C. S. Hansen  
Pvt. J. M. Harmon  
\*Pfc. W. C. Henson  
\*Pfc. J. R. Hodges  
Pvt. D. S. Hudson  
\*Pfc. M. J. Hunnewell  
\*Pfc. M. J. Isleib  
Pvt. J. N. Iturra  
Pvt. D. A. Juarez  
Pvt. M. D. Kay  
Pvt. J. M. Kell  
Pvt. J. R. Kummerfeld  
\*Pfc. D. E. Lamle  
Pvt. J. E. Lemieux  
\*Pfc. J. W. Lo  
\*Pfc. P. C. Loewen  
Pvt. I. H. Loria  
Pvt. J. D. Maddox  
Pvt. D. A. Malone III  
\*Pfc. J. M. Milligan  
\*Pfc. M. P. Mongiello  
Pvt. B. A. Murphy  
\*Pfc. D. P. Preissner Jr.  
Pvt. T. G. Rigg  
\*Pfc. D. J. Rogers  
Pvt. K. D. Schmauss  
Pvt. M. D. Simmons  
Pvt. M. A. Torres Jr.  
Pvt. T. R. Whisler

SERIES 2105

Series Commander  
Capt. A. G. Utuk  
Chief Drill Instructor  
Gunnery Sgt. W. Hill

PLATOON 2105

Senior Drill Instructor  
Staff Sgt. H. J. Ledesma

Drill Instructors  
Sgt. U. Lemus  
Sgt. K. Salas

\*Pfc. M. E. Adkins  
Pvt. A. J. Angelikis  
\*Pfc. J. R. Armstrong  
Pvt. E. W. Arthur  
Pvt. R. L. Axe  
Pvt. R. R. Axe  
Pvt. A. C. Barrett  
Pvt. S. M. Blankenship  
Pvt. D. J. Brower  
\*Pfc. P. M. Bunney  
Pvt. M. G. Butler  
Pvt. R. J. Carlson  
Pvt. V. D. Castellanos  
Pvt. K. L. Cates  
\*Pfc. N. S. Cervantes  
Pvt. R. Cervantes  
Pvt. D. G. Cippelle  
\*Pfc. G. A. Crowl  
Pvt. J. D. Dixon  
Pvt. M. L. Doyle  
Pvt. M. A. Earle  
\*Pfc. L. A. Espindola  
Pvt. D. J. Evans  
Pvt. D. Felix  
Pvt. D. W. Finch II  
Pvt. I. A. Flores  
Pvt. R. B. Flores  
\*Pfc. T. M. Games  
Pvt. A. Garcia-Rodriguez  
Pvt. R. M. Gonzalez  
Pvt. J. J. Guerrero  
\*Pfc. P. D. Guerrero  
Pvt. A. M. Guzik  
Pvt. M. B. Hallick  
\*Pfc. J. D. Hancock  
Pvt. D. M. Hayes  
\*Pfc. C. M. Hearn  
Pvt. S. T. Heihn  
Pvt. E. Hernandez  
Pvt. F. R. Herrera  
Pvt. J. Hill  
Pvt. C. R. Hudson Jr.  
Pvt. B. D. Ivanchan  
\*Pfc. B. E. Jackson  
Pvt. L. T. Jared  
\*Pfc. A. P. Key  
\*Pfc. P. J. Kice  
\*Pfc. K. J. Knouf  
Pvt. K. N. Lambros  
Pvt. B. R. Lewis V  
\*Pfc. S. A. Luster  
Pvt. A. J. Lynch  
Pvt. J. R. MacPherson  
Pvt. M. Martinez  
Pvt. C. W. McCarron  
\*Pfc. B.A. Medina  
Pvt. B. S. Menendez  
Pvt. D. Meraz Jr.  
Pvt. N. R. Milley  
Pvt. N. R. Miller  
Pvt. P. A. Morales  
Pvt. R. K. Nakamoto

Pvt. V. C. Ortiz II  
Pvt. E. M. Pasillas  
Pvt. D. R. Perez  
\*Pfc. R. S. Perkins  
\*Pfc. R. M. Rath  
Pvt. S. A. Richardson  
\*Pfc. S. Soto  
Pvt. J. E. Thornton  
Pvt. W. J. Wyatt

**PLATOON 2106**  
Senior Drill Instructor  
Staff Sgt. J. J. Umana  
Drill Instructors  
Staff Sgt. P. S. McCollough  
Sgt. J. M. Gonzales

\*Pfc. J. K. Agres  
Pvt. J. F. Begay  
\*Pfc. S. J. Bolin  
Pvt. D. D. Carlin  
Pvt. A. K. Dusso  
Pvt. R. J. Eenkhoorn  
\*Pfc. I. Enriquez Jr.  
Pvt. C. D. Harris  
Pvt. J. T. Jaszemski  
Pvt. T. E. Jenkins  
\*Pfc. A. J. Juedes  
Pvt. K. H. Kelley  
Pvt. A. R. Lacroix  
Pvt. R. A. Logan  
Pvt. J. H. Lowrie  
Pvt. K. E. Meyer  
\*Pfc. A. C. Michalski  
Pvt. J. P. Miller  
Pvt. R. C. Morris  
\*Pfc. F. D. Nash Jr.  
Pvt. M. S. Neal  
Pvt. C. J. Nicholson  
Pvt. A. D. Nunez  
\*Pfc. A. K. Ohelo  
Pvt. J. C. Osbourne  
Pvt. C. B. Otterson  
Pvt. C. A. Pankey  
\*Pfc. C. D. Pedigo  
\*Pfc. T. R. Pershall  
\*Pfc. J. P. Pesina Jr.  
Pvt. J. A. Pinson  
Pvt. B. S. Piper  
Pvt. C. A. Pitigoi  
Pvt. J. A. Pitt  
Pvt. S. A. Price  
\*Pfc. J. T. Ramey  
Pvt. C. D. Ray  
\*Pfc. T. J. Raymond  
\*Pfc. J. R. Rayner  
Pvt. S. Rios III  
\*Pfc. A. Rodriguez-Gonzalez  
Pvt. G. P. Ruhlander  
\*Pfc. J. Salas-Menchaca  
Pvt. J. C. Salazar  
Pvt. M. R. Salguero  
\*Pfc. C. A. Salinas  
Pvt. J. O. Sanchez  
\*Pfc. E. Sandoval  
Pvt. J. L. Savoie  
Pvt. J. E. Schram III  
Pvt. J. D. Sica  
\*Pfc. N. I. Sosa  
Pvt. J. D. Sparks  
\*Pfc. J. D. Stout  
\*Pfc. D. R. Strong  
Pvt. J. M. Terry  
Pvt. M. H. Thome  
Pvt. K. J. Tremblay  
Pvt. W. A. Trouten Jr.  
Pvt. T. N. Turner  
Pvt. R. L. Vargas-Perez  
\*Pfc. S. B. Vaughn  
Pvt. C. J. Willems  
\*Pfc. W. O. Williams III  
Pvt. M. J. Williams  
Pvt. K. W. Wilson

**PLATOON 2107**  
Senior Drill Instructor  
Staff Sgt. P. I. Rodriguez  
Drill Instructors  
Staff Sgt. R. L. Celaya  
Staff Sgt. R. D. Geske  
Staff Sgt. A. W. Tahir

\*Pfc. M. R. Anderson  
Pvt. M. R. Barnes  
\*Pfc. A. J. Chang  
Pvt. E. D. Fish Jr.  
Pvt. A. Flores  
Pvt. A. Gonzalez  
Pvt. N. T. Hamilton  
\*Pfc. T. G. Jones II  
\*Pfc. J. J. Martinez Jr.  
Pvt. R. A. Maser  
Pvt. P. R. Maxwell  
Pvt. D. G. McBride  
\*Pfc. B. M. McConnell  
Pvt. C. B. McKay  
Pvt. B. J. McKeever  
Pvt. K. J. McMahon  
\*Pfc. R. D. Melvin Jr.  
Pvt. C. A. Merrill  
Pvt. Z. T. Meyer  
\*Pfc. B. Y. Michalek  
Pvt. J. D. Miller  
Pvt. A. F. Mojica  
Pvt. J. C. Montgomery  
Pvt. G. R. Morales  
Pvt. C. G. Morehouse

Pvt. J. P. Moser Jr.  
Pvt. T. M. Mulrenin  
Pvt. T. Nenaydokh  
Pvt. A. A. Olivares  
Pvt. W. J. Paiz  
Pvt. S. K. Phillips  
\*Pfc. S. Soto  
Pvt. J. D. Price  
Pvt. T. R. Proctor  
Pvt. K. H. Pugh  
Pvt. N. D. Randall  
Pvt. C. L. Redmond  
\*Pfc. E. T. Richter  
Pvt. J. E. Riggs  
Pvt. N. L. Roach  
Pvt. D. G. Rodriguez  
\*Pfc. D. M. Rodriguez  
Pvt. J. Rogers  
Pvt. J. Rosales Jr.  
\*Pfc. A. Ruiz  
Pvt. N. A. Sain  
\*Pfc. H. Sanchez  
Pvt. C. R. Schoonmaker  
\*Pfc. S. P. Schultz  
Pvt. M. B. Seik  
Pvt. A. R. Simington  
Pvt. J. D. Skipper  
Pvt. L. C. Smith  
Pvt. Z. L. Smith  
Pvt. M. L. Springer  
Pvt. J. R. Strickert  
\*Pfc. C. L. Swager  
Pvt. B. B. Teasley  
Pvt. J. E. White  
Pvt. D. H. Williams  
Pvt. C. L. Wilson  
Pvt. B. D. Wray  
Pvt. B. E. Wright  
\*Pfc. C. M. Wright  
Pvt. L. L. Yazzie  
\*Pfc. C. K. Young  
\*Pfc. M. J. Zablocki

PLATOON 2108

Senior Drill Instructor  
Gunnery Sgt. E. Reid  
Drill Instructors  
Gunnery Sgt. J. Standifird  
Gunnery Sgt. N. Truite

\*Pfc. J. E. Cambridge  
Pvt. C. T. Farrington  
Pvt. A. R. Graff  
\*Pfc. T. D. Kelley  
Pvt. C. R. Kimbrell  
Pvt. D. C. Kotoski  
\*Pfc. D. J. Laviolette  
Pvt. C. B. Ledsome  
Pvt. G. A. Lee  
Pvt. Z. E. Leka  
Pvt. A. Lopez Jr.  
Pvt. E. A. Martinez  
Pvt. S. L. McGurk  
Pvt. T. L. Miller  
Pvt. R. N. Moaalii  
Pvt. A. J. Moreno  
Pvt. B. N. Morley  
\*Pfc. J. D. Mueller  
\*Pfc. B. T. Nichols  
\*Pfc. K. Q. Nixon  
Pvt. C. M. Ofrancia  
Pvt. J. A. Osorio  
Pvt. J. J. Pangelinan  
\*Pfc. A. D. Peatrowsky  
Pvt. O. Porras  
Pvt. J. S. Potts  
Pvt. W. S. Ray  
\*Pfc. P. M. Reeder  
\*Pfc. C. B. Rhoades  
Pvt. D. M. Ridgway  
Pvt. C. Rivera  
Pvt. D. R. Robbins  
\*Pfc. A. C. Saffold  
Pvt. G. A. Salazar  
\*Pfc. J. H. Schmidt  
Pvt. J. L. Shifflet  
\*Pfc. K. R. Smith  
Pvt. J. S. Sprague  
Pvt. A. M. Stahl  
Pvt. K. J. Stevens  
Pvt. J. C. Strout  
Pvt. S. M. Stucky  
Pvt. J. W. Sweet  
\*Pfc. C. J. Talbot  
Pvt. I. S. Tamayo  
Pvt. L. A. Tarango  
Pvt. D. E. Tiner  
\*Pfc. C. J. Trindade  
Pvt. A. E. Triplett  
Pvt. A. J. Twaites  
Pvt. D. L. Tyrrell  
Pvt. V. Vazquez  
Pvt. T. F. Vitale  
\*Pfc. K. A. Wagenmaker  
Pvt. B. S. Ward  
Pvt. M. C. Warwick  
Pvt. M. S. Weah  
\*Pfc. J. W. Wiemers  
Pvt. M. W. Williamson Jr.  
\*Pfc. R. J. Wilson  
Pvt. M. A. Wolf  
Pvt. G. D. Wood  
\*Pfc. A. J. Young

\*Denotes meritorious promotion



Company E recruits stand in formation on top of the Reaper at Marine Corps Base Camp Pendleton, Calif., during the final day of their Crucible, April 10. Cpl. Carrie Booze/Chevron



# Abs class provides fitness center patrons new ways to tone muscles

BY PFC. ALICIA SMALL  
*Chevron staff*

Service members, government employees and civilian family members looking to tone up their abdominal muscles visited the Marine Corps Community Services “Hard Corps” Physical Training abdominals class Monday at the depot Fitness Center.

The class focuses on strengthening the core of participants’ bodies and increasing their overall physical strength.

Each class has five levels of intensity. Level 1 is the begin-

ner phase of the class; Level 2 is the intermediate phase; Level 3 is the advanced phase; Level 4 is the elite phase; and Level 5 is the super elite phase.

“The class definitely challenges you,” said participant Corinne Devin “The different levels give you a chance to maintain form and perform the exercise correctly.”

Participants worked their abdominals and external oblique muscles and other parts of their core, using fitness balls.

Instructor Erica Dingman said that she gives people dif-

ferent levels of calisthenics to make the class more inviting to beginners, and to challenge the elite-level participants.

Dingman said she enjoys teaching the class because she loves to work out and help others get into shape. The abs class provides people with a good cardiovascular and strength training workout, and it is also a great way to motivate others, meet new people and build camaraderie, she said.

Devin said she comes to the class because it forces her to push herself harder than she

would if she were working out alone.

“I love the abs class because there is always a different instructor,” said Devin. “Once you think you have mastered the class, a new instructor comes along bringing a new flavor to the class and all new challenges. It is amazing the

amount of different ways you can work and tone your body.”

The abdominals class is held Mondays and Wednesdays at 4:30 p.m., Tuesdays and Thursdays at 11 a.m., and Fridays at 9:30 a.m. Active duty have first priority. For more information, call (619) 524-4427.



Mary Beth Cook, left, and Shaina Hayden perform crunches on exercise balls during Monday’s abdominal class as they work up a sweat to music. *Pfc. Alicia Small/Chevron*



Participants in the depot’s Hard Corps Physical Training abdominal class work their abdominal muscles and legs under the direction of class instructor, Erica Dingman. *Pfc. Alicia Small/Chevron*



Erica Dingman, class instructor, uses weights as she works her abdominal muscles using weights during the fitness center’s class Monday. *Pfc. Alicia Small/Chevron*

# Fit and Fabulous participants are winners on all levels

BY PFC. ALICIA SMALL  
*Chevron Staff*

Twenty-six active duty Marines, spouses and Department of Defense civilians completed the Fit and Fabulous program, each losing three to 20 pounds, with a total weight loss of 116 pounds.

The course was created to help depot personnel to lose weight and becoming more physically fit.

Initially, 52 people split into two groups, a morning and an evening class, to work toward a common goal. Their objective was to earn as many points as possible by the end of eight weeks.

One point was granted for participation in the twice weekly workout sessions. An additional point was given for maintenance of weight, while two points were awarded for weight loss at the weekly

weigh-in.

Each one-hour class included circuit courses, running, spin class and exercising with weights in the pool.

“We mixed it up and made sure we didn’t do the same routine twice,” said Giovana Thiesen, Marine Corps Community Services fitness director and evening class instructor. “People work better when they are having fun and seeing results. I think providing a variety helps work every muscle in a person’s body and ensures a healthy change. It also helps build camaraderie when the environment is enjoyable.”

Christa Lincoln, winner of the morning class, said doing the same workouts can get boring.

She said she felt she benefited from the class because the trainers made it fun, which made her want to participate.

“I believe my success was because the

workouts were fun, but they were also very intense,” said Lincoln. “I think this is rare to find and it made me look forward to each class because I could have a good time and know I was getting into better shape.”

Lincoln also commented that Fit and Fabulous helped her become more knowledgeable of all the programs and classes offered by the fitness center.

Nutrition classes were also included in the program. The topics that were discussed ranged from proper food portions to healthy levels of hydration, said Kelley Sitar, deputy director of Semper Fit and morning class instructor.

“Nutrition is key to successfully losing weight and being healthy overall,” said Sitar.

Lincoln and Jennifer Meyers-Geske, afternoon class winner, each received gift

certificates worth \$200. All other participants were given goody bags full of items such as T-shirts, towels and heart rate watches.

“I’ve never known anyone who was completely satisfied with their level of fitness,” said Sitar. “I enjoyed being an instructor because it catered to the wants and needs of every individual involved in the program. It helped everyone, including me, get into better shape and feel good about themselves.”

Thiesen said her favorite part of the class was seeing the huge improvement in the fitness levels of everyone involved. She said the Fit and Fabulous program is usually held twice a year, but they are considering having it more often.

For more information about this or any other class offered by the fitness center, call Giovana Thiesen at (619) 524-8465.